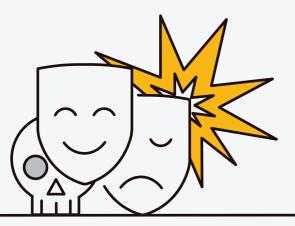
THE FOUR HORSEMEN AND HOW TO STOP THEM WITH THEIR ANTIDOTES

CRITICISM

Verbally attacking personality or character.



CONTEMPT

Attacking sense of self with an intent to insult or abuse.

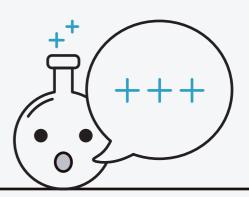


DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.

GENTLE START UP

Talk about your feelings using "I" statements and express a positive need.



BUILD CULTURE OF APPRECIATION

Remind yourself of your partner's positive qualities and find gratitude for positive actions.

TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.



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STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance, and separation.

PHYSIOLOGICAL SELF-SOOTHING

Take a break and spend that time doing something soothing and distracting.